

# Daawooyinka Opioids ee loo Cuno Xanuunka Daran (ee Mudada Dheer)

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## Shuruudaha Qorista Daawada Opioid 2018

Intii udhaxaysay sanadihi 1999 ilaa 2016, dad kabaden 200,000 oo kudhaqnaa dalka United States ayaa udhintay sababo laxariira daawada opioid oo ay iska badiyeen (CDC, 2017). Waxaa la ansixiyay Sharciga Gobalka Washington oo soobaxay sanadkii 2017 kaasoo dhigaaya in laqoro xeerarka qorista daawada opioid ayadoo laga jawaabaayo masiibo gobalka oo dhan kajirta oo kadhalatay daawada opioid.

Shuruudaha cusub ee qorista dawada opioid waxay laxariiraan daawayn dhamaan noocyada xanuunka waxaana loogu talagalay in la ilaaliyo badqabka dhamaan bukaanada. Qaar badan oo kamid ah shuruudaha laxariira xanuunka daran ayaa shaqaynaayay lagasoo bilaabo sanadkii 2011.

### Muhiim

- Waydii daryeel bixiyahaaga caafimaadka su'aalo laxariira dookhyada daawaynta nooca kale ah ee xanuunka.
- Baro daawada laguu qoro, raac tilmaamaha, waligaana hacunin wax kabaden intii laguu qoray.
- Badbaadi naftaada iyo dadka kalaba adoo yaraynaaya isticmaalka, qashinka kudaraaya dhamaan daawooyinka opioid ee aadan isticmaalin, baranaayana sida lagu aqoonsado astaamaha in daawada opioid kugunoqotay daroogo iyo inkale.



## Waxa ay tahay inaad ogaato kabukaan ahaan

- Dhakhaatiirta caafimaadka waxaa laga doonayaa inay latashadaan khubarada xanuunka haddii ay bukaan uqorayaan opioids kuuradeedu sarayso.
- Dhakhaatiirta caafimaadka waxaa laga doonayaa inay si goosgoos ah dib u eegis ugu sameeyaan qaybata halista bukaanka qaba xanuunka daran ayna dib uqiimayn kusameeyaan qorshaha daawaynta marka falcelinta ama waafiqida bukaanku aysan ahayn sidii larabay.
- Daryeel bixiyaasha caafimaadka gaarka ah, talaabooyinka, nidaamyada, farmashiyaasha, iyo shirkadaha caymiska ayaa soosaari kara xeerar kuwii hore kasii adag oo ku aadan daawooyinka opioids.

Noocyada ugu badan ee daawooyinka opioids waa oxycodone, hydrocodone, codeine, tramadol, fentanyl, morphine, iyo methadone. Daawooyinka opioid waxaa kuuqori kara dhakhaatiirta caafimaadka si loodaaweyyo xanuunka nooca dhexe ilaa kan daran, laakiin daawooyinka ayaa lahaan kara dhibaatooyin kadhasha iyo haliso daran oo dhanka caafimaadka ah, sida inaad daawada laqabsato, inay balwad kuunoqoto, inaad doroogo ahaan u adeegsato, iyo inaad iskabadiso.

Waa muhiim inaad raacdo tilmaamaha daawada markaad qaadanayso daawada opioids aadna markasta runta usheegto dhakhtarkaaga wixii laxariira daawooyinka kale ee aad qaadanayso. Waa inaad kadheeraataa cabista khamriga ama kashaqaynta mashiinada adag markaad cunays daawada opioid.

## Lasoco macluumaadkaaga. Taxadar. Cidna Daawada hala wadaagin.



### Waa maxay halisaha jira?

- Kudaroogoobida opioid
- Inay balwad kuunoqoto
- Inaad dhacdo ama shilal gasho
- Inaad xasaasiyad kaqaado xanuunka
- Inaad iskabadiso

### Halisaha ayaa intaas kasii waynaan kara markaad tahay:

- Xaamilo
- Aad horay maandooriyaasha u adeegsan jirtay
- Aad kawayn tahay da'da 65
- Xaaladaha caafimaadka dhimirka
- Kudarista daawooyin kale



### Meel amaan ah kuxaree

- Marna cid kale hala wadaagin ama kagadin daawadaada opioids
- Gali daawooyinka opioid meel xiran ama saar meel amaan ah
- Kafogee daawada caruurta saarna meel aysan dadka kale arki karin
- Kudhaaf dhaladeeda hore ayadoo calaamadu kudhagantahay



### Dhibaatooyinka kadhalan kara daawada

- Lalabo, matag, iyo afka oo kuqlala
- Dibiro
- Hurdo aan dhamaan iyo caajis
- Wareer
- Xanuunka sababa joojinta daawada



### Kuridida daawada meesha qashinka loogu talagalay

Qasab maaha inaad cunto dhamaan daawooyinkaaga opioid. Si aad uhesho meesha kuugu dhaw ee aad kucelin karto daawada in qashinka loogu rido daawada aadan isticmaalin, fadlan booqo:

- [takebackyourmeds.org](http://takebackyourmeds.org)
- [med-project.org](http://med-project.org)
- [doh.wa.gov/safemedreturn](http://doh.wa.gov/safemedreturn)